

The Denby Dale Traveller

Volume 34, Issue 1

Summer 2017

www.denbydaleac.co.uk

One evening in June



The Club was out in force on
14th June

Seniors at Joe Percy 10K &
Juniors at Oughtibridge Gala



Club Kit

NEW for 2017 - DDAC Club buffs

Order direct from

<http://www.giraffeuk.com/club-shop> . Cost £8.99



Special edition —Centenary

Deffer Dash T-shirt—don't miss out!

Men's and Ladies versions available in various sizes from John Shone. Excellent quality and **priced at £12** which includes a £2.75 charitable donation.

Senior Vests

Ladies club vests are available from **Abbie Dagg**. Men's vests and club T-shirts are available from **Steve Blackford**.

Junior Vests

We currently have a good supply of **junior club vests** in stock. They can worn with pride at parkrun, fell races and other competitions as well as at club training sessions.

These can be purchased from registration at Shelley College.

Available in the following sizes:

7/8yrs, 9/10yrs, 11/12yrs, 13/14yrs & 15/16yrs - all at £12 each (will increase to £13.20 when current stocks exhausted).

Other items (eg. club hoodies) can be ordered from *Blackford Barnsley Ltd.*

See the [Club Kit page](#) on the club website



Junior Corner

Contributed by The Editor

The summer term was as busy as ever for the Junior Section with training nights continuing to attract 60+ athletes including quite a few new members.

As well as weekly training nights, many juniors entered local events from the summer edition of the junior calendar – *thank you to parents who ferried your young athletes to these events.* Junior green and white vests made their presence known at local races such as The Trunce (9 races on Monday evenings over the summer months), Silkstone Shuffle (3 multi-terrain races), Oughtibridge Gala and Hoylandswaine Hill races. [See photos and results from page 12.](#) Attendance



at the junior Deffer Dash (events in May, July & September) rivalled that of the senior members and saw Gus du Feu break his previous 12 minute PB. The junior record over the 1.75 mile route currently stands at an amazing 11:44, only a few seconds away from this year's senior record of 11:28.

Many of these events contribute points towards various trophy competitions which were announced at the beginning of the year ([see details over the page](#)) and will be awarded at a presentation evening (date to be confirmed).

We are delighted to have entered a team of 20 juniors (11 girls & 9 boys) in three age categories for the West Yorkshire Cross Country (WYXC) League race series. A full round-up of the results from this as well as the 2017 Trunce and Silkstone Shuffle series will be featured in the next edition of the newsletter.

For those who have enjoyed the WYXC or other members who would like to experience a big cross country event, we hope to enter junior teams for the following individual championships:

- **Yorkshire Championships – Sat 6th January** at Lightwater Valley, near Ripon.
- **Northern Championships – Sat 27th January** at Harewood House, north of Leeds
- **National Championships – Sat 24th February** at Parliament Hill Fields, London

Juniors must be **at least 11 yrs old on race day** to enter each of these. Please let our Junior Co-ordinator, [Jo Worboys-Hodgson](#) know if you are interested or if you would like further information.



For the **Fell trophy** athletes can pick their best placed 5 races from the fell races in the junior events calendars over the course of the year. Points will be awarded on the basis of 10 points for first placed DDAC Junior, 9 points for second placed DDAC winner etc.



The **Parkrun Champion** will have accumulated points using age related scoring as is recognised with Parkrun over the year.



The **Trunce Champion** will be awarded points on the basis of 10 points for first placed DDAC Junior, 9 points for 2nd placed DDAC junior etc.



The winner of the **Deffer Dash Trophy** will have the most improved time from the series of 3 races.



The **Athletics Trophy** will be awarded to the athlete who has competed in an Athletics Event in the DDAC Calendar during the year and reached a podium position.



The **Award for Most Improved Athlete** will be awarded following a discussion between all of the coaches regarding attitude to training, effort and general improvement in athletics over the year.

Trophies will be awarded to both girls and boys at a Presentation Evening at the end of the year. There's still time to compete for these trophies - so juniors Be inspired and have a go!



Denby Dale Athletics Club

Junior Calendar

Events in November & December

Sunday 12 th November	Junior Parkrun Challenge 14 – 9.00am (Greenhead Park, Huddersfield) Free timed run of 2km for juniors aged 4 – 14yrs You must register before your 1 st ever Parkrun & remember to bring your barcode to all races. www.parkrun.org.uk/huddersfield-juniors/ www.parkrun.org.uk/register/
Wednesday 15 th November	Athletics Session at Thornes Park Athletics Stadium, WF2 8TY Session will start at 6pm. Please try to arrive by 5.50pm. Meet outside the track for registration. The session will finish at 7pm.
Sunday 19 th November	WYXC Race 3 – Spenborough
Sunday 3 rd December	Hayfield Santa Dash – (minimum age 8) SK22 2EP www.t42.org.uk/hayfield
Saturday 9 th December	Junior Silkstone Shuffle 5 – 9.45am Silkstone, South Yorkshire S75 4LX, UK A tough 3km multi-terrain course – a great challenge to all youngsters. Series of 4 races. Entry on day – 50p/race. www.barnsleyharriers.org.uk/index.php/silkstone-shuffle
Saturday 9 th December	WYXC Race 4 – Keighley
Sunday 17 th December	Stoop Junior Curly Wurly Races U9 (over 6) U11/U13/U15/U17 www.woodentops.org.uk

For latest DDAC Junior information, check out :
DDAC Junior section – Facebook (member only site)
DDAC website - www.denbydaleac.co.uk/junior-news
DDAC Junior Co-ordinator—[Jo Worboys-Hodgson](#)

New feature — ‘Pete’s people’



In this edition you'll find responses to Pete's searching questions from:

- Sally Campbell
- Vishal Ramdhani
- Chris Walker
- Si Warsop
- Stewart Yates

New to the club?

Not sure of people's names?

Never really spoken to some members as they run in a different group to you?

DDAC veteran, Pete Andrews, thought it would be nice to use the newsletter to help members, new and old, to get to know each other a little better.

After some careful consideration he has developed a simple questionnaire and we plan to include 3-4 in each newsletter.

Thanks Pete & to those who are featured in this edition

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Chris Walker
Occupation	Semi-retired self-employed HR consultant
When did you join the club?	2010/11 I think
How long have you been a 'runner'?	9 years
Do you prefer road or off-road?	Off-road
How many hours do you train per week?	It varies but around 5-6 hrs
What race distance do you prefer to run?	Anything longer than 10K
Which is your favourite race?	London Marathon
What is your best time for :	5K – 24:05 10K 49:08 Half-Marathon 1:49:41 Marathon – 4:45:06
Which race challenged you the most?	Kielder marathon
What is the worst injury you have sustained through running?	Sprained ankle when I leapt out of the way of a maniac driver
How many pairs of trainers do you own?	13
What is your favourite make of trainer?	Brooks / Salomon
Which other sports do you participate in?	Cycling
Which sports person has been your inspiration?	Chrissie Wellington
What are your pet hates?	Queues
What is your favourite food?	Roast pork & all the trimmings
What is your favourite drink?	Champagne
What other hobbies do you have?	I make reproduction Tiffany lamps
Where is your favourite holiday destination?	Brussels
What's been the best thing about joining the club?	Meeting people

Is this a record?

Read on to learn about the 'Watch your time' event that Chris organised in July

An Update from the Scottish Branch

Contributed by Rachel Bromby

It's been some time since the McTravellers were in touch, so we thought it was maybe time to drop you all a line.

Unfortunately, there has not been much running activity going on for either of us for the last couple of years as we've lurched from one injury to the next. Big Dave is still limited to pedalling and swimming, but his chances of converting this and joining the burgeoning triathlon scene in Morayshire are rather hampered by his continued lack of running. Treatment is ongoing and tentative steps are being made in the direction of his trainers, so hopefully, hopefully by the time we next visit Denby Dale he'll be up and running.

Fortune has favoured Rachel a little better. Although this time last year she still wasn't active, by September little half mile forays were allowed and gradually grew giving hope that 2016's deferred **London Marathon** place may be resurrected for April 2017. A little reverse psychology from Coach Stockdale ('not a hope in hell of you being ready for that'...) about Christmas time and training began in earnest on 4th January with a gentle 4 miles according to the diary.

Being the north of Scotland, I had expected months of training in the driving snow, wind and rain, but aside from one blustery cold night with white flecks appearing in the head torch light, the weather was surprisingly benign. The long dark nights were hard going, but head Coach Stockdale kept me company on the Sunday longer runs on his bike. I was worried that the temperatures in spring-time London would be warmer than I was used to, but Garrioch ½ on Mothering Sunday saw Aberdeenshire as one of the warmest places in the country and temperatures in the low 20s – who would of thought to come to Scotland for warm weather training?!

Anyway, in order to simply prove Coach Stockdale wrong, London was successfully completed, although actually seen as a halfway staging post to this year's real challenge of a good time at Loch Ness Marathon – last run in 2008.

Since then a number of other races have been completed, with surely the most spectacular and picturesque being **Laggan 10k** – **we really commend this little race to you and urge the club captains to add it to the Championship!** Being set off to the accompaniment of bagpipes and be piped back across the finish line is always an experience, but this must be one of the prettiest races in the country and when the hill at mile 2.5 is proving lung-busting the scenery takes your mind off it. Mind you, they didn't say this year's race would include obstacles, but then maybe they didn't plan on a spooked sheep making an escape in front of the back-of-the-pack runners. The sound of the sheep is drowned out by the call of the oyster catchers and curlew, which in turn are accompanied by the babbling of the upper reaches of the River Spey. The hill referred to summits with an amazing view of Loch Laggan before a turn at a human cone and then a return back to the village for splendid tea, cakes and prizes. And this year, if I had only been 4 months older I would have won my first ever prize! Bridget Coomber – Coach Stockdale says we'll be returning in 2018 to go 'pot hunting'!!

The weather for most races has been unseasonably dry and hot, although heavy downpours prior to a Forest Series run (a summer series a bit like the Trunce but just going to a different wood each race) saw the fell shoes get an outing and other competitors drenched as I ran right through the middle of the mud and water. Highland Games season is upon us and that means plenty of 10ks and hill races. Times are very slowly coming down, but still a way off where they were when we were running regularly with the club. A very breezy 10k at Portsoy last weekend proved a particularly pleasing outing, although for a race called 'Follow the Herring', there were a distinct lack of fish in view at the front!

Talking of clubs, some of you may remember we started our own 'Travellers in the North' – the Spey Runners. Unfortunately, there has been a parting of the ways and a differing of opinion as to what a running club should be. The club continues but without its founding members. Therefore, to much bemusement, there is a Denby Dale representative at most local races now! The vest puzzles everyone, but the new hoodie and buff are highly admired. There is a club local to my work, Nairn Road Runners, who have a similar ethos to Denby Dale and I sometimes train with them.

We have now been up here 11 years and are very settled. We've even found Tesco's selling Timothy Taylors 'Landlord' and have converted a few of the locals to proper beer. There are so many beautiful places to get out and run/cycle in and thankfully we've been able to find routes where we can combine the two so we can still get out together despite Dave's injury. And for those of you who were there, it will be 10 years in December since our wedding at Drummur Castle. Now that was a boozy night!

We do miss you all and loved catching up at Christmas for a curry, beers and a chat. We'll be down again this Christmas and hope to be able to repeat the exercise and this time with us both running. Oh, and don't forget that entries for club runners are still open for Loch Ness Marathon and 10k!



**Sharing training tips with Jo Pavey
– shame she didn't take Rachel's advice as she
DNF'd this year!**



**Paula Radcliffe can't keep her hands off the
fabulous training kit.**

Letter From America

Contributed by Bob Johnson, US (Bob was a member of DDT back in the early days!)

Back in 1984 I was lucky enough to get one of the club entries for the London Marathon. As I was never good at long distance running, I started a training schedule tailored to suit the 26.2 miles starting during the dark and cold winter months of 1983.

I got into the habit of cycling to work and running back, about 11 miles each way using as much off road as possible. My route took me down the hill past Skelmanthorpe Pit then the steep climb up to Emley Pit. The coal miners' strike was underway at the time so there was always a throng of pickets huddled around a brazier. Most mornings busloads of scab miners were shuttled in via the back gate, you can imagine the reception they got from the pickets. Those fierce memories are still fresh in my mind after all those years.

At the end of March this year, I drove down to Las Vegas to meet up with Neil and Eileen Denby (one of their daughters was getting married there). On the way I passed by a small town in southern Colorado called Ludlow. By the roadside there was an historical marker describing the Ludlow Massacre in 1914. I didn't know that Colorado had any coal mines but there are quite a few, mostly in the foothill communities of the Rocky Mountains. There were also some near where we live but they have long since closed.

The expansion of the railroad network in the United States provided a means for commercial exploitation of this natural resource. At its peak in 1910, the coal mining industry in Colorado accounted for about 16,000 people, dominated by a handful of operators. As in Yorkshire, Colorado colliers were at risk of explosion, suffocation and collapsing walls. Statistics show that the fatal accident rate was higher in Colorado coal mines than those in any other States.

Colorado miners had little opportunity to air grievances since most lived in towns owned and managed by pit operators. The Ludlow mine was owned by the Rockefeller family. Frustrated by working conditions, colliers increasingly turned to unionism. Nationwide, organised mines boasted 40% fewer fatalities than non-unionised mines. The major coal companies refused to bend to the demands of the United Mine Workers of America so strikes were called. The mine owners' reaction was to set up strike-breaking forces to evict and intimidate any miners suspected of supporting the call for strikes. As strike-related violence increased they also had support from the Colorado National Guard who additionally helped recruitment of non-union labour.

The Ludlow Massacre was an attack by the Colorado National Guard and the Colorado Fuel & Iron Company guards on a tent colony of approximately 1,200 striking coal miners and their families. It is recorded that about two dozen people, including women and children, were killed. The massacre marked a watershed moment in American labor relations but, sadly, this mine was never allowed to unionize. The site is now a ghost town owned by the United Mine Workers of America and is a National Historic Landmark. The site is currently being investigated by archeologists.

The photo shows (back) Jill Town, Eileen Denby, Sandra Kay (front) Judith Johnson and Teresa Yallop and dates back to the Ladies XC Yorkshire Championships in November 1988.

Judith was 6th and was selected to run for Yorkshire at the National XC Championship that year.



Happy running DDAC!

Bob Johnson, Colorado July 26 2017. (Bob.johnson@skybeam.com)

(Acknowledgements to Wikipedia)

Race reports, results & other things

OK So April does seem a long time ago ... but West Nab brought many club members, young old, novice & experienced to this local challenging fell race.

West Nab 1st April 2017

Senior Race

Position	Name	Club	Category	Time	Comments
1	Joseph Dugdale	Cumberland Fell Runners	MU19	44:12	
25	Kate Daniel		F	55:40	1st Lady
29	Andrew Dufeu	Denby Dale AC	MV40	56:26	
40	Joanne Worboys-Hodgson	Denby Dale AC	FV40	59:34	
51	Matthew Caie	Denby Dale AC	MV50	01:03:27	
76	Sue Kaye	Denby Dale AC	FV50	01:23:18	
77	Vicky McClelland	Denby Dale AC	FV40	01:23:18	



Matt & Andrew enjoying
the views??

Photos courtesy
of Woodentops



Girlies, young and older, on the fells above Meltham

West Nab 1st April 2017

Junior Race U17's

Position	Name	Club	Time
1	Euan Brennan	Ilkley	27:16
55	Abigail Caie	Denby Dale	43:57

Junior Race U15's

Position	Name	Club	Time
1	Fraser Sproul	Kendal AAC	18:36
30	Gus Du Feu-Long	Denby Dale AC	23:21
54	Euan Dady	Denby Dale AC	26:01
72	Emily Wright	Denby Dale AC	29:57

Junior Race U13's

Position	Name	Club	Time
1	James Bowen	Ambleside	16:30
37	Ben Worboys-Hodgson	Denby Dale AC	22:14

Junior Race U11's

Position	Name	Club	Time
1	Luke Carrington	East Cheshire Harriers	10:38
41	William Roberts	Denby Dale AC	14:28
50	Victoria Worboys-Hodgson	Denby Dale AC	15:32





Gus (opposite), Euan, Ben & William—up for the challenge



Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Sally Campbell
Occupation	Pharmacist
When did you join the club?	2005
How long have you been a 'runner'?	I started running in 2004 – my first race was Wakefield 10K
Do you prefer road or off-road?	I enjoy both
How many hours do you train per week?	Not much currently due to injury but I aim to run 3 times weekly when not injured
What race distance do you prefer to run?	Half marathon
Which is your favourite race?	London Marathon
What is your best time for :	10K 46:35 Half-Marathon 1:39:46 Marathon – 3:39:41
Which race challenged you the most?	Probably Calderdale relay when matched with a faster runner
What is the worst injury you have sustained through running?	Tendonitis in my foot over the past year
How many pairs of trainers do you own?	6
What is your favourite make of trainer?	Saucony
Which other sports do you participate in?	Cycling, skiing
Which sports person has been your inspiration?	Paula Radcliffe
What are your pet hates?	The smell of coffee Cars parked on pavements
What is your favourite food?	Chocolate, cake & puddings – all things sweet!
What is your favourite drink?	Peroni lager or champagne
What other hobbies do you have?	Sewing
Where is your favourite holiday destination?	Greek islands
What's been the best thing about joining the club?	Making friends

Which leads on nicely to Dave's article!

Wakefield Hospice 10K – Sunday 2nd April 2017

Contributed by Dave Townend



For the last few years this race has clashed with the annual ‘gentlemen’s weekend’ to the Lake District, but this year it didn’t. Having run this in the past I remembered an out-and-back course which was basically downhill outwards and uphill return.

Although I arrived at Thornes Park in what I thought was ample time, I had difficulty in finding somewhere to park, but was lucky in getting the last place in some school grounds opposite. As a result I was at the back of the queue to register my bag in the baggage tent. Whilst there I heard the announcement that the race was about to start. I managed to get to the lane where the race started, but realised I was with the group for a time of plus 65 minutes ~ they had pacers with a flag and pole indicating a finish time (can you imagine running with a flag pole on your back?). I tried to move forward, but no chance with nearly 2000 runners crammed into the narrow lane and then the race start sounded.

It seemed to take ages to get over the start line and when the road finally widened out my brain went into malfunction ~ whirr... need to make up lost time; lost places: whirr... lost time; lost positions etc. etc. Eventually, I overtook the 65 min flag (how did they get in front?) and seemed to be going OK for 2 miles ~ I’d even passed the 60 min flag ~ but then the road went uphill; I didn’t remember an uphill bit on the outward section, who’d put that there? At least this brought me back to my senses and I realised I had to pace myself for the next 4 miles. Just after the half-way turn I passed the 55 min flag bearer and the run back was not as uphill as previously thought.

However, at 5 miles the old Duracells started to fade; fortunately, at this point I spotted a green/white vest ahead (Norman Roper) which kept me going and I even managed to find something in reserve for the slight uphill finish back into the park. Overall, with a chip-time of 49:37, I thought this was reasonable (not got under 50 mins for quite some time) and felt I could have gone faster if I had not been so stupid with my pace at the start.

Katie Sharp also did an excellent run breaking the 45 minute barrier on a 10k (I think this was for the first time) ~ only another 3:56 to loose for the magical four-zero!

The course is an undulating out-and-back, although not very scenic, it is OK if you want to run a 10k in a reasonable time. **But remember two things Start near the front and there is an uphill just after 2 miles!**



Katie & Gavin—Wakefield 10K—1870 runners

Wakefield 10k - 2nd April 2017

Position	Name	Club	Category	Time	Comments
1	Joe Sagar	Spenborough Ac	M	00:32:57	
10	Becky Rigby	Preston harriers	F	00:34:47	1st Lady
81	Gavin Leonard	Denby Dale AC	M40	00:40:47	
183	Katie Sharp	Denby Dale AC	F	00:44:12	
383	Peter McEvoy	Denby Dale AC	M60	00:48:28	
585	David Townend	Denby Dale AC	M60	00:51:31	
600	Norman Roper	Denby Dale AC	M65	00:51:42	
807	Rachel Warsop	Denby Dale AC	F45	00:54:44	
1532	Sean Kachmarski	Denby Dale AC	M45	01:07:23	

Overgate Hospice 10k - 2nd April 2017

Position	Name	Club	Category	Time	Comments
1	Craig Sheerer	Barnoldswick	M	36:11	
11	Helen Robinson		F	42:21	1st Lady
248	Stella Taylor	Denby Dale AC	F55	01:05:30	

Buttermere 10 - 2nd April 2017

Position	Name	Club	Category	Time	Comments
1	Michael Holliday		M	01:09:09	
16	Louise Winter	Keswick AC	F	01:31:57	1st Lady
112	Sarah Everett	Denby Dale AC	F40	02:01:15	

‘Little’ Sarah at Buttermere on a beautiful spring morning.

Her legs clearly recovered for Spencer’s Dash 3 days later.



Spencers Dash - 5th April 2017

Position	Name	Club	Category	Time	Comments
1	Scott hinchcliffe	Penistone	M	19:56	
14	Fiona Davies	Rotherham Harriers	F35	23:46	1st Lady
88	Jon O'Hanlon	Denby Dale AC	M50	30:15	
94	David Townend	Denby Dale AC	M60	30:39	
132	Rachel Warsop	Denby Dale AC	F45	33:17	
159	Sarah Everett	Denby Dale AC	F35	36:39	

Wardle Skyline - 8th April 2017

Position	Name	Club	Category	Time	Comments
1	Peter Haworth		M	46:51	
3	Katie Walshaw	Holmfirth Harriers	F	48:44	1st Lady
16	Ross McClelland	Denby Dale AC	M40	53:32	



Sorry Ross Even photoshop struggled to disguise those white legs!

Wardle skyline is a 7 mile route with 1250ft climbing—starts in Wardle (Rochdale) surprisingly.

Just £5 entry on the day.

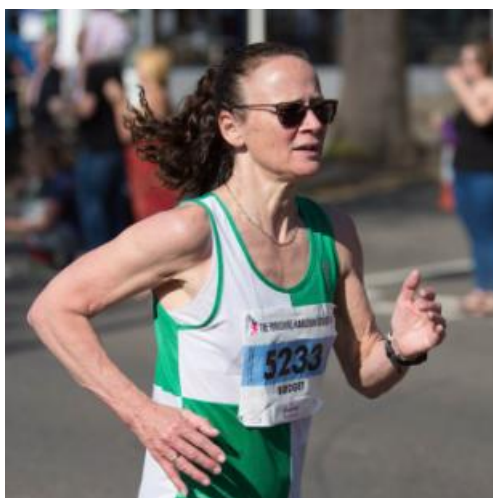
Vale of York 10 - 9th April 2017

Position	Name	Club	Category	Time	Comments
1	Dominic Shaw	New Marske Harriers AC	MSEN	51:14	
50	Nicola Devine	Doncaster AC	FSEN	01:04:25	1st Lady
574	Sarah Everett	Denby Dale AC	F40	01:31:53	
706	Christopher Walker	Denby Dale AC	M60	01:37:16	



Run for All Yorkshire Half Marathon - 9th April 2017

Position	Name	Club	Category	Time	Comments
1	Steven Bayton	Hallamshire Harriers	MSEN	01:09:25	
29	Sarah Lowery	Sheffield RC	FSEN	01:20:25	1st Lady
134	Bridget Coomber	Denby Dale AC	F50	01:29:20	1st Lady Vet 50
477	Gavin Leonard	Denby Dale AC	M40	01:38:13	
3849	Rachel Warsop	Denby Dale AC	F45	02:18:29	
5019	Abbie Dagg	Denby Dale AC	F40	02:38:20	



Bridget— Another good run & age category prize.



Guiseley Gallop 15th April 2017

Position	Name	Club	Category	Time	Comments
1	Conner Craig-Jackson	Skyrac AC	M	35:39	
39	Rachel Pilling	Pudsey & Bramley AC	F	42:50	1st Lady
108	Steven Sharp	Denby Dale AC	M40	47:44	
149	Katie Sharp	Denby Dale AC	F	49:59	
414	Catherine O'Brien	Denby Dale AC	F40	01:03:51	



Ackworth Half Marathon 16th April 2017

Position	Name	Club	Category	Time	Comments
1	Simon Lambert		MSEN	01:17:38	
27	Nik Tarrega	York Knavesmire Harriers	FSEN	01:30:05	1st Lady
207	Christopher Walker	Denby Dale AC	M60	02:06:53	



Chris continues with a busy month of races
.... But where is everyone else?

Hartcliff Hill 20th April 2017 - Category BS, 2.5 miles & 492ft

Position	Name	Club	Category	Time	Comments
1	Andy Swift	Calder Valley	M	16:17	
11	Ross McClelland	Denby Dale AC	MV40	18:48	
13	Caitlin Rice	Ribble Valley Harriers	F	18:52	1st Lady
16	Johnny Ridge	Denby Dale AC	M	19:28	
24	Andrew Dufeu	Denby Dale AC	MV40	20:09	
42	Adam Bloomfield	Denby Dale AC	MV40	21:54	
50	Katie Sharp	Denby Dale AC	F	22:40	
73	Anne Middleton	Denby Dale AC	FV50	24:34	1st Lady V50
77	Emma Worsley	Denby Dale AC	F	25:20	
101	Vicky McClelland	Denby Dale AC	FV40	27:45	
116	Samara Wood	Denby Dale AC	F	30:27	
130	Abbie Dagg	Denby Dale AC	FV40	33:28	



Lots of green & white
at this local friendly
race with novelty cakes
for prizes.



Sam waves to the
camera man who was
freezing on top of the hill

Kinder Downfall 23rd April 2017

Position	Name	Club	Category	Time	Comments
1	Alasdair Campbell	Buxton AC	M	01:08:18	
21	Megan Wilson	Dark Peak Fell Runners	W	01:22:09	1st Lady
159	Anne Middleton	Denby Dale AC	WV55	01:45:40	



If you're new to fell running—Kinder Downfall is another good race to do. There's a lung busting start, steep scramble up a clough and onto Kinder's gritstone edge with fab views, past the downfall and ancient Edale Cross before a lovely grassy descent. But watch out– don't slip on the sheep afterbirth ! —it being lambing season. It's not a marked course but it's popular so there are people to follow. Pre-entry usually opens in Feb. If you like it but would like to go further there's Kinder Trog in June.

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	'Vish' – Vishal Ramdhani
Occupation	Pharmacist
When did you join the club?	2011
How long have you been a 'runner'?	6 years
Do you prefer road or off-road?	Road
How many hours do you train per week?	+/- 12 hours
What race distance do you prefer to run?	10K
Which is your favourite race?	York 10K
What is your best time for :	5K – 22 mins 10K 49 mins Half-Marathon 1:51
Which race challenged you the most?	Liverpool Half marathon
What is the worst injury you have sustained through running?	Baker's cyst
How many pairs of trainers do you own?	3 pairs
What is your favourite make of trainer?	Nike
Which other sports do you participate in?	None
Which sports person has been your inspiration?	Bruce Fordyce (South African marathon and ultramarathon athlete)
What are your pet hates?	Cold weather, snow
What is your favourite food?	Italian
What is your favourite drink?	Red wine
What other hobbies do you have?	Gym, motorsports, walking
Where is your favourite holiday destination?	Italy
What's been the best thing about joining the club?	Keeping fit, meeting a great bunch of people, socialising

London Marathon 23rd April 2017

Position	Name	Club	Category	Time
18821	Rachel Stockdale	Denby Dale AC	40-44	04:22:55
20690	Anita Nicholson	Denby Dale AC	50-54	04:30:00

Each year the club has 2 entries to the London Marathon - names are put in a hat.



These are not the latest 'Bake-off' creations but from The Saddleworth Cake Race. Perhaps one for next year's Fell & Trail Championship



The Cake Race, Saddleworth 29th April 2017 - BM; 9.9m, 1699ft

Position	Name	Club	Category	Time	Comments
1	Ben Coop	Bury AC	M	01:06:28	
19	Johnny Ridge	Denby Dale AC	M	01:15:42	
29	Joanna Goorney	Lytham St Anne RRC	F45	01:19:19	1st Lady
99	Steven sharp	Denby Dale AC	M40	01:30:04	
170	Samara Wood	Denby Dale AC	F	01:41:15	
260	Abbie Dagg	Denby Dale AC	F40	02:07:53	

Milton Keynes Half Marathon 1st May 2017

Position	Name	Club	Category	Time	Comments
1	David Hudson	Huntingdon	MV35	01:14:16	
6	Martha Hanby		F	01:23:20	1st Lady
998	Sarah Everett	Denby Dale AC	FV40	02:07:53	

Spencers Dash 3rd May 2017

Position	Name	Club	Category	Time	Comments
1	Gareth Cooke	Penistone	M	21:20	
10	Fiona Davies	Rotherham Harriers	FV35	23:17	1st Lady
20	Andrew Dufeu	Denby Dale AC	MV40	24:05	
44	Steve Blackford	Denby Dale AC	MV60	26:33	
93	David Townend	Denby Dale AC	MV60	30:09	
94	Jon O'Hanlon	Denby Dale AC	MV50	30:19	
131	Rachel Warsop	Denby Dale AC	FV45	33:11	
160	Sarah Everett	Denby Dale AC	FV35	36:04	



**Steve & Sarah at
Spencers Dash**

*And I always thought this
was a road race—you learn
a new thing everyday!*

Sunderland Half Marathon 7th May 2017

Position	Name	Club	Category	Time	Comments
1	Abraham Tewelde	Saltwell Harriers	M	01:10:17	
26	Alyson Dixon	Sunderland Strollers	F	01:23:01	1st Lady
558	Laura Hartshorne	Denby Dale AC	F	01:51:44	



Laura speeding around the 1/2M course
— seemingly floating above the road

And further down the east coast Rosalind was enjoying panoramic sea cliff views running the Ravenscar off-road 1/2 M.



Ravenscar Half Marathon 7th May 2017

Position	Name	Club	Category	Time	Comments
1	Richard Buckle		M	01:24:52	
16	Julie Webb		F	01:41:51	1st Lady
193	Rosalind Bedford	Denby Dale AC	FV50	02:25:03	

Bluebell 10 7th May 2017

Position	Name	Club	Category	Time	Comments
1	Tom Kaye		M	01:07:55	
29	Kirsty Allen	Baildon Harriers	FV40	01:19:36	1st Lady
215	Peter McEvoy	Denby Dale AC	M60	01:42:30	
277	Sue Kaye	Denby Dale AC	F55	01:49:10	
324	Norman Roper	Denby Dale AC	M65	01:55:05	
349	Chris Walker	Denby Dale AC	M60	01:57:52	
396	Stella Taylor	Denby Dale AC	F55	02:04:16	



Meanwhile other club members were frolicking amongst the bluebells until they realised there was a river crossing !



PARKRUN—A few stats....

Congratulations to the following Parkrun enthusiasts:

- **Pete Andrews** completed his 100th parkrun on 11th February & his 100th Nostell parkrun on 14th October.
- **Mick Collinson** completed his 100th parkrun at Nostell on 23rd March & recently ran at Worwood Scrubs!
- **Rachel Warsop** completed her 150th parkrun at Rothwell on 12th August.
- **Ralph Barker**—completed his 150th parkrun on 30th Sept; 118 of which were at Greenhead Park.

Trunce Race 3 - 8th May 2017

Senior Race

Position	Name	Club	Category	Time
1	Philip Morris	Handsworth Roadhogs	Male	24:43
20	Oliver Ingham	Denby Dale AC	Male	27:13
24	Andrew du Feu	Denby Dale AC	Vet Male	27:51
34	Matt Caie	Denby Dale AC	Vet Male 50	28:49
31	Ellie Crownshaw	Bradfield	Female	28:37
115	Joanne Worboys	Denby Dale AC	Female	33:48
130	Jon O Hanlon	Denby Dale AC	Vet Male 50	34:33
141	Stewart Yates	Denby Dale AC	Vet Male	35:16
142	Phil Ellis	Denby Dale AC	Male	35:19
147	Dave Gill	Denby Dale AC	Vet Male	35:51
149	James Teale	Denby Dale AC	Vet Male	35:57
155	Karl Adamski	Denby Dale AC	Male	36:27
159	Glenn Holdsworth	Denby Dale AC	Male	36:36
202	Anne Middleton	Denby Dale AC	Vet Female 50	39:00
206	Tom Rowley	Denby Dale AC	Vet Male	39:15
237	Sally Campbell	Denby Dale AC	Vet Female	41:38
238	Peter McEvoy	Denby Dale AC	Vet Male	41:41
255	Rachel Warsop	Denby Dale AC	Vet Female	43:42
258	Stuart Walton	Denby Dale AC	Vet Male 70	43:53
284	Catherine O'Brien	Denby Dale AC	Vet Female	46:30
287	Norman Roper	Denby Dale AC	Vet Male	46:42
292	Graham Guest	Denby Dale AC	Male	47:00
301	Laura Hartshorne	Denby Dale AC	Female	47:37
311	Abbie Dagg	Denby Dale AC	Vet Female	48:11
318	Stephen Warner	Denby Dale AC	Vet Male 60	48:57
331	Stella Taylor	Denby Dale AC	Vet Female 50	52:51

Junior Race

Position	Name	Club	Time
1	Jed Darley	Hallamshire Harriers	13:07
3	Gus Dufeu-Long	Denby Dale AC	13:44
18	Abigail Caie	Denby Dale AC	16:00
28	Euan Dady	Denby Dale AC	16:43
29	Emily Wright	Denby Dale AC	16:44
34	Tamsin Warsop	Denby Dale AC	17:15
37	Victoria Worboys-Hodgson	Denby Dale AC	17:29
41	Daisy McClelland	Denby Dale AC	17:55
46	Ben Worboys-Hodgson	Denby Dale AC	18:22
59	Alice Campbell	Denby Dale AC	19:38
68	Frances Worboys-Hodgson	Denby Dale AC	21:29
69	Emily Ingham	Denby Dale AC	21:44

DDAC Juniors & Seniors were out in force at the 3rd Trunce in the season—it was the first race in the club's 2017 Senior Fell & Trail Championship and also counts towards the Junior Trunce Champion trophy.



The increasing popularity of The Trunce, now in its 50th Year, has led to long queues at certain pinch-points. Time for a breather & chat!

The new format championship has attracted new faces—including Glen & Karl



The Trunce has become a bit of a family affair—here Sally & Alice, Rachel & Tamsin. Hopefully these keen juniors will become the seniors of the future.



Malhamdale Challenge 22 - 13th May 2017

Position	Name	Club	Category	Time	Comments
1	Alastair Shuttleworth		M	02:58:18	
10	Sophie Kirk	Macclesfield Harriers	F	03:22:09	1st Lady
98	Rosalind Bedford	Denby Dale AC	F	04:37:02	

A demanding 22 mile route with 3011ft of ascent incorporating a mix of hard-packed rocky trails, boggy sections, limestone rocks & grassy tracks; taking in landmarks such as Pikedaw, Gordale Scar & Malham Tarn. *This is Rosalind terrain!*



Fairfield Horseshoe 13th May 2017 - Category AM; 9m & 3000ft

Position	Name	Club	Category	Time	Comments
1	Ben Abdenoor	Ambleside AC	M	01:22:33	
75	Kirsty Hewitson	Dark Peak	F40	01:47:18	1st Lady
238	David Gill	Denby Dale AC	M60	02:07:51	



Leeds Half Marathon 14th May 2017

Position	Name	Club	Category	Time	Comments
1	Mohammad Aburezeq	Altrincham	M	01:10:22	
40	Martha Hanby		F	01:21:52	1st Lady
1760	James Worsley	Denby Dale AC	M35	01:55:39	

Wymeswold Waddle 14th May 2017

Position	Name	Club	Category	Time	Comments
1	Martin Lewis	Charnwood	M	27:25	
12	Philippa Taylor	Nene Valley	F45	31:10	1st Lady
178	Peter Taylor	Denby Dale AC	M60	44:26	

Wymeswold is situated at the northern boundary of Leicestershire mid-way between the cities of Nottingham and Leicester and is famous for it's duck races & the 5 mile Waddle.



Not sure if duck costumes were an entry requirement—perhaps Peter can enlighten us!

Bridget and her male following!

**Finishing 1st FV50
AGAIN!**



Askern 10 - 17th May 2017

Position	Name	Club	Category	Time	Comments
1	Dan Kestrel	Barnsley AC	M	32:36	
42	Rebecca Winter	Ackworth Road Runners	F	38:08	1st Lady
68	Bridget Coomber	Denby Dale AC	F50	40:12	1st Lady V50

White Peak Marathon 20th May 2017

Position	Name	Club	Category	Time	Comments
1	James Scott-Buccleuch	Stockport Harriers	M	02:43:33	
19	Rachel Lawrence	Macclesfield Harriers	F	03:21:43	1st Lady
28	Andy Green	Denby Dale AC	M40	03:30:52	

White Peak Half Marathon 20th May 2017

Position	Name	Club	Category	Time	Comments
1	Patrick Brown	East London Runners	M	01:13:41	
10	Leonie Shipley	Derby AC	F	01:25:28	1st Lady
192	Elaine White	Denby Dale AC	F40	02:00:27	



White Peak race routes are off-road and follow the High Peak and Tissington trails. Good training for an Ironman! Elaine had her bike ready for a quick transition! Had Andy omitted to mention on the training plan that this was not a triathlon??

Run for All Nottingham 10k 28th May 2017

Position	Name	Club	Category	Time	Comments
1	Lucian Allison	Lincoln Wellington AC	M	31:52	
11	Amy Whitehead	Notts AC	F35	35:39	1st Lady
974	Jon O'hanlon	Denby Dale AC	M50	57:37	

No action shots of Jon—although think he stars in the 2018 race banner photo—am I right?

<http://www.runforall.com/10k/nottingham/>

'The flat and fast route starts and finishes at Nottingham Forest FC's ground, on the banks of the River Trent. From the football stadium, the course takes runners on a journey through the scenic Lady Bay area, where you'll be cheered on by crowds of enthusiastic spectators. Runners then travel on to the stunning Holme Pierrepont Country Park, home to the National Watersports Centre, where they will take a lap of the Regatta Lake, before heading for home – and a grand finish back at the City Ground!'

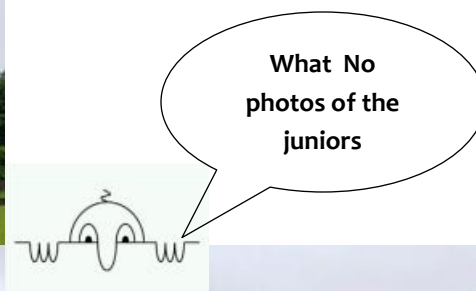
James Thorn 28th May 2017 - Category AS; 5m & 1611ft

Seniors

Position	Name	Club	Category	Time	Comments
1	Harry Holmes	Pudsey & Bramley	M	31:04	
7	Caitlin Rice	Ribble Valley	F	36:01	1st Lady
18	Johnny Ridge	Denby Dale AC	M	39:19	
25	Jo Worboys-Hodgson	Denby Dale AC	F45	43:13	1st Lady v45
41	Samara Wood	Denby Dale AC	F	52:22	
45	Rosalind Bedford	Denby Dale AC	F55	55:14	
47	Stuart Walton	Denby Dale AC	M70	58:49	1st V70
48	Graham Guest	Denby Dale AC	M40	01:02:06	
49	Rachel Warsop	Denby Dale AC	F45	01:02:21	
50	Abbie Dagg	Denby Dale AC	F40	01:04:29	
51	Stella Taylor	Denby Dale AC	F55	01:04:59	

Juniors (shorter routes)

Position	Name	Club	Category	Time
1	Ben Worboys Hodgson	Denby Dale AC	BU14	11:42
2	Emily Wright	Denby Dale AC	GU14	11:55
3	Tamsin Warsop	Denby Dale AC	GU14	12:24
4	Victoria Worboys Hodgson	Denby Dale AC	GU12	12:34



Another bumper attendance of green & white vests at this local fell race—the 2nd event in this year's Fell & Trail championship.

Congratulations to Jo & Stuart who won their age category prizes.



Manchester Half Marathon 28th May 2017

Position	Name	Club	Category	Time	Comments
1	Joe Sagar	Spennborough AC	M	01:12:54	
48	Lucy Niemz	Notts AC	F	01:24:24	1st Lady
1355	Peter McEvoy	Denby Dale AC	M60	01:49:17	
2467	Norman Roper	Denby Dale AC	M65	01:59:12	

Austwick Amble 29th May 2017 - Category BM; 8.1m 1197ft

Position	Name	Club	Category	Time	Comments
1	Chris Arthur	Bowland FR	MSEN	48:44	
13	Ross McClelland	Denby Dale AC	M40	58:06	
36	Christina Singleton	Trawden AC	WSEN	01:04:43	1st Lady
106	Vicky McClelland	Denby Dale AC	W40	01:26:05	



Was this Ross's idea of a romantic weekend away?

Dovestone Diamond 31st May 2017

Position	Name	Club	Category	Time	Comments
1	Rob James	Royton Road Runners	MSEN	35:29	
13	Caitlin Rice	Ribble Valley Harriers	WSEN	41:47	1st Lady
167	Abbie Dagg	Denby Dale AC	W40	01:04:10	

This event is organised by Greenfield Greyhounds.

Described as a 10K multi-terrain scenic and undulating route near Dovestone Reservoir with approx. 500ft climbing.

Pre-entry only— £6.50 in 2017



Silkstone Shuffle 3rd June 2017

Seniors

Position	Name	Club	Category	Time	Comments
1	John Auld	North Herts RRC	M	27:38	
26	Julie Wilson	Hallamshire Harriers & AC	LV40	33:14	1st Lady
8	Johnny Ridge	Denby Dale AC	M	29:40	
9	Andrew Dufeu	Denby Dale AC	V40	29:49	
14	Matthew Caie	Denby Dale AC	V50	31:04	
29	Steven Sharp	Denby Dale AC	V40	33:43	
38	Joanne Worboys-Hodgson	Denby Dale AC	LV40	34:50	
63	Samara Wood	Denby Dale AC	L	39:19	
69	Jon O'Hanlon	Denby Dale AC	V50	39:53	
91	Rachel Warsop	Denby Dale AC	LV40	43:17	

Juniors

Position	Name	Club	Category	Time	
1	Gus Dufeu-Long	Denby Dale AC	M	10:00	
6	Abigail Caie	Denby Dale AC	F	11:26	1st girl
7	Emily Wright	Denby Dale AC	F	11:38	
8	William Roberts	Denby Dale AC	M	11:43	
9	Ben Worboys-Hodgson	Denby Dale AC	M	12:04	
11	Victoria Worboys-Hodgson	Denby Dale AC	F	13:09	
12	Tamsin Warsop	Denby Dale AC	F	13:25	
13	Joseph Roberts	Denby Dale AC	M	13:32	
19	Sylvie Ellis	Denby Dale AC	F	14:31	
25	Frances Warboys-Hodgson	Denby Dale AC	F	14:52	
28	Noah Sharp	Denby Dale AC	M	15:42	

Goole Riverbank Challenge 4th June 2017

Position	Name	Club	Category	Time	Comments
1	Richard Herrington	St Therasas AC	M35	50:06	
9	Sophie Lee	City of Hull AC	W	00:55:54	1st Lady
63	Peter McEvoy	Denby Dale AC	M60	01:10:53	
101	Norman Roper	Denby Dale AC	M65	01:18:44	

A multi terrain, predominantly flat course of approx 9 miles, run mainly on the banks of the River Ouse.



Mulgrave Castle 10k 4th June 2017

Position	Name	Club	Category	Time	Comments
1	Jay Ferns	Loftus & Whitby	MU20	36:02	
6	Becky Briggs	Beverley	WU17	41:18	1st Lady
8	Ross McClelland	Denby Dale AC	M40	42:14	
92	Vicky McClelland	Denby Dale AC	W40	01:00:16	



Off road run on woodland trails past the old castle with stunning views of the coast and Whitby Abbey.



Spencers Dash - 7th June 2017

Position	Name	Club	Category	Time	Comments
1	Scott Hinchcliffe	Penistone	M	20:47	
26	Sarah Hunter	Ackworth	F	25:43	1st Lady
27	Steve Blackford	Denby Dale AC	M60	25:45	
38	Stewart Yates	Denby Dale AC	M50	26:55	
67	Jon O'Hanlon	Denby Dale AC	M50	29:49	
76	David Townend	Denby Dale AC	M60	30:16	
109	Rachel Warsop	Denby Dale AC	F45	32:35	



Stewart Yates tries to hide from the camera while Rachel is as determined as ever.

Otley 10 - 7th June 2017

Position	Name	Club	Category	Time	Comments
1	Jack Wood	Ilkley Harriers	M	56:34	
49	Carol Morgan	Nidd Valley	F40	01:08:46	1st Lady
300	Sarah Everett	Denby Dale AC	F45	01:43:57	

School Run 10th June 2017

Position	Name	Club	Category	Time	Comments
1	Jonny Mclean	Holmfirth Harriers	M	39:13	
3	Andrew Dufeu	Denby Dale AC	M40	42:33	
22	Rachel Lee	Wakefield Harriers	F40	52:24	1st Lady
24	Emma Worsley	Denby Dale AC	F	53:06	
43	Lynne Cubbon	Denby Dale AC	F	58:24	
59	Chris Walker	Denby Dale AC	M60	01:06:11	
61	Rachel Warsop	Denby Dale AC	F40	01:06:50	
70	Abbie Dagg	Denby Dale AC	F40	01:10:19	
73	Graham Guest	Denby Dale AC	M40	01:11:22	
86	Si Warsop	Denby Dale AC	M50	01:23:47	

The School Run (9K) was 2nd of 5 races in the 2017 South Huddersfield Trail & Road Series.



Andrew Swales Photography
www.andrewswales.com



Andrew Swales Photography
www.andrewswales.com



Andrew Swales Photography
www.andrewswales.com

Beneath their varied disguises are Emma, Graham, Lynne and Chris on the School Run - an off-road race near Digley Reservoir, Holmfirth.

Edale Junior Fell Race over 10's 11th June 2017

Position	Name	Club	Category	Time	
1	Sam Soles	Buxton	U16	08:47	
4	Lucy Bednell	Buxton	U14	10:22	1st girl
17	Euan Dady	Denby Dale AC	U16	11:46	
22	Emily Wright	Denby Dale AC	U14	12:16	
24	Ben Worboys-Hodgson	Denby Dale AC	U14	12:19	
34	Victoria Worboys-Hodgson	Denby Dale AC	U12	13:30	



Emily, Ben & Euan on a fast descent into Edale



Running memorabilia

Many of you will have fond memories of Steve Robinson, founder member of Denby Dale Travellers. Steve's wife, Maggie, has kindly given me a box of his running archives which will provide a treasure trove of memorabilia to include in future editions of the newsletter.

Maggie also has Steve's collection of the Fell Runner magazine and would be delighted if it could go to a good home. Please contact Maggie if you are interested - maggiesteve@icloud.com

Joe Percy 10k - 14th June 2017

Position	Name	Club	Category	Time	Comments
1	Will Smith	Halifax Harriers	Seniors M40	34:34	
21	Johnny Ridge	Denby Dale AC	Seniors M35	39:04	
24	Sarah Cumber	Halifax Harriers	Seniors W45	39:17	1st Lady
36	Andrew Dufeu	Denby Dale AC	Seniors M45	40:26	
61	Bridget Coomber	Denby Dale AC	Seniors W50	42:13	1st lady vet 50
64	James Mumford	Denby Dale AC	Seniors M40	42:31	
80	Steve Blackford	Denby Dale AC	Seniors M60	43:57	
88	Ralph Barker	Denby Dale AC	Seniors M60	44:30	
96	Stewart Yates	Denby Dale AC	Seniors M55	45:08	
113	Oliver Ingham	Denby Dale AC	Male U23	45:57	
123	Steven Sharp	Denby Dale AC	Senior Men	46:34	
163	Laura Hartshorne	Denby Dale AC	Senior Women	49:26	
165	James Teale	Denby Dale AC	Seniors M40	49:31	
172	Tom Rowley	Denby Dale AC	Seniors M45	50:16	
177	Samara Wood	Denby Dale AC	Seniors W35	50:44	
179	Jennifer Esty	Denby Dale AC	Seniors W40	50:52	
193	Karl Adamski	Denby Dale AC	Seniors M35	51:58	
195	Sally Campbell	Denby Dale AC	Seniors W40	52:09	
198	Vishal Rhamdani	Denby Dale AC	Seniors M40	52:23	
199	Dave Townend	Denby Dale AC	Seniors M60	52:26	
212	Lynn Cubbon	Denby Dale AC	Seniors W35	53:35	
217	Kate Lucas	Denby Dale AC	Seniors W40	53:57	
255	Emma Holling	Denby Dale AC	Seniors W45	57:28	
260	Sarah Everett	Denby Dale AC	Seniors W45	57:59	
261	Julie Sykes	Denby Dale AC	Seniors W55	58:03	
268	Graham Guest	Denby Dale AC	Seniors M40	58:33	
269	Sue Kirby	Denby Dale AC	Seniors W55	58:42	
273	Rachel Warsop	Denby Dale AC	Seniors W45	59:22	
283	Abbie Dagg	Denby Dale AC	Seniors W40	01:00:58	
314	Joanne Firth	Denby Dale AC	Seniors W45	01:07:36	
315	Kelly Sollick	Denby Dale AC	Seniors W35	01:08:13	

A popular inter-club 10K road race - the course comprises two laps starting from Storthes Hall campus around Thurstonland/Farnley Tyas. This year the club entered 29 runners, with teams of 10 runners to count. If only we'd had just one more!

Team 1 finished 10th out of 28 & Team 2 were 18th and ...Bridget scooped another Vet 50 prize.





DDAC Seniors out in force at Joe Percy

Meanwhile the juniors were winning rosettes and medals galore at **Oughtibridge Gala & the Tom Holmes hill race.**



Younger members of the junior team at Oughtibridge Gala—from left to right: Ben, Sylvie, Freddie, Harriet L, Lucy, Harriet T, Jasmine, Eddie, Noah, Emily, Chelsea & Victoria

Tom Holmes Gala Chase Junior Race 14th June 2017

Position	Name	Club	Time	Comments
1	Will Smith	Stocksbridge	14:26	
3	Euan Dady	Denby Dale AC	15:22	
6	Emily Wright	Denby Dale AC	15:47	1st Girl
10	Abigail Caie	Denby Dale AC	16:52	
17	Ben Worboys Hodgson	Denby Dale AC	17:37	
19	Tamsin Warsop	Denby Dale AC	17:56	
20	Harriet Thorpe	Denby Dale AC	17:56	
22	Daisy McClelland	Denby Dale AC	18:37	
23	Victoria Worboys Hodgson	Denby Dale AC	18:44	
25	Alice Campbell	Denby Dale AC	19:05	
26	Benjamin Addy	Denby Dale AC	19:15	
27	Ella Adams	Denby Dale AC	19:24	
31	Freddie Lucas	Denby Dale AC	20:04	
34	Lucy Barstow	Denby Dale AC	20:46	
37	Noah Sharp	Denby Dale AC	21:39	
38	Eddie Worsley	Denby Dale AC	21:50	
39	Frances Worboys Hodgson	Denby Dale AC	21:58	
44	Jasmine Williams	Denby Dale AC	23:36	
46	Billy Browne	Denby Dale AC	25:01	
47	Lewis Kelly	Denby Dale AC	27:15	

The Tom Holmes Gala Chase is named after Tom Holmes who is in his eighties, he was the founder of The Gala Chase. The Chase takes the route Tom and his dog used to walk. The Chase commences in Coronation Park, (Oughtibridge) proceeds uphill by road to Wharnccliffe Woods, loops through the woods and finishes back in the Park. The Junior Chase is approximately 3km with 100m of ascent. The minimum age for the junior Chase was 11, however we persuaded the organisers to allow some of our younger athletes to compete if they were accompanied by an adult. This became more of a challenge to members of the coaching team who struggled to keep up!

Ready to start the Junior Chase
(left to right):
Ben W-H, Lewis, Billy,
Eddie, Noah & Ben A





Emily (1st girl), Euan (3rd boy) and Abi (2nd girl) with their medals & a trophy.



One of Chris's favourite events

Tour of Tameside 15th-18th June 2017 - Chris Walker

Date	Race	Pos	Time
15th June	X Trail 10	260	00:58:04
16th June	Hell on the fell	250	01:05:38
17th June	Hero Half	250	02:29:44
18th June	Hyde 7	240	01:12:27

Furty Furlong 18th June 2017

Position	Name	Club	Category	Time	Comments
1	Scott Hinchcliffe	Penistone	M	22:42	
9	Fiona Davies	Rotherham	F35	28:39	1st Lady
21	Katie Sharp	Denby Dale AC	F	31:25	
67	Jon O'Hanlon	Denby Dale AC	M50	39:05	

Organised by Kingstone Runners, this is described as 'a challenging hilly 3.75mile course around the scenic horse riding trails' at Mapplewell Meadows Farm, Barnsley.

There is also a Frightful Furty Furlong which took place on 28th October—same route but in reverse.



Katie amongst front runners at Furty Furlong - she now features on the Furty facebook site!



And ...
Jon in disguise



Tempsey Torture 21st June 2017

Position	Name	Club	Category	Time	Comments
1	Richard Herrington	St Therasas	M	46:05	
35	Amy Young	Hyder Park Harriers	F	59:40	1st Lady
71	Peter McEvoy	Denby Dale AC	M60	01:06:30	
109	Norman Roper	Denby Dale AC	M65	01:14:18	

Part of the **Urban Trail Runner Summer series**—this is an 11K route on technical trails around Temple Newsam.

<https://www.urbantrailrunner.co.uk/>

Ladybower Trail Marathon 24th June 2017

Position	Name	Club	Category	Time	Comments
1	Chris Shelton		M	02:49:05	
22	Miranda Singleton		F	03:59:01	1st Lady
81	Abbie Dagg	Denby Dale AC	F	06:01:28	

Dambuster 10 - 24th June 2017

Position	Name	Club	Category	Time	Comments
1	Nick Hardy		M	59:25	
8	Deborah Lock		F	01:15:50	1st Lady
55	Stella Taylor	Denby Dale AC	F	01:54:52	

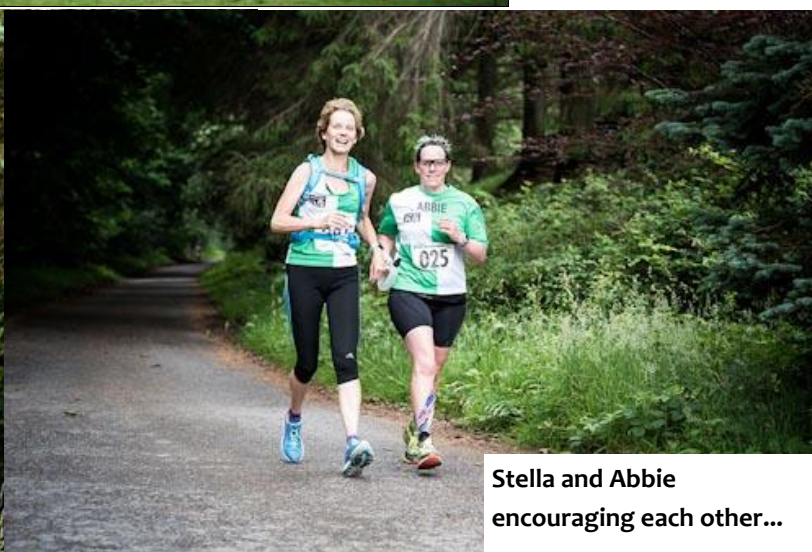
These relatively new events are organised by **Peakrunners** and are predominately trail races with some tough ascents thrown in for good measure.

<http://www.peakrunners.co.uk/races.html>



Start line below the dam wall at Fairholmes.

Rachel looking good but feeling awful - sadly had to pull out— Better luck next year!



Stella and Abbie encouraging each other...

Upper Wharfedale Three Peaks 24th June 2017

Position	Name	Club	Category	Time	Comments
1	Ben Sheppard		M	03:29:31	
4	Heather Tuffs		F	03:49:41	1st Lady
30	Rosalind Bedford	Denby Dale AC	F	05:25:52	

One of Rosalind's favourites and a fundraising event for a good cause.

Having had recent experience of needing to call out mountain rescue - it's nice to support these events. There's a 2 Peak version as well. Perhaps something for next year's fell / trail championship ??
— Editor.



Penistone 10k 25th June 2017

Position	Name	Club	Category	Time	Comments
1	Scott Hinchcliffe	Penistone	M	34:31	
19	Andrew Dufeu	Denby Dale AC	M45	40:37	
22	Jenny Murray	City of Sheffield	F40	41:53	1st Lady
25	Bridget Coomber	Denby Dale AC	F50	42:32	1st LV50
81	Peter McEvoy	Denby Dale AC	M60	50:32	
130	Norman Roper	Denby Dale AC	M65	55:36	



Bridget & Norman



Photo courtesy
of Mossie Net
Photography



Bakewell Pudding Fell Race 25th June 2017

Red Route 6.5 miles & 700ft ascent

Position	Name	Club	Category	Time	Comments
1	Jordon Street	Clowne	M	41:24	
22	Bethany Gay	Uni of Sheffield Tri	F	46:34	1st Lady
68	Euan Dady	Denby Dale AC	M	54:08	
120	Vicky McClelland	Denby Dale AC	F40	01:03:56	

Blue Route 2.6 miles & 80ft ascent

Position	Name	Club	Category	Time	Comments
1	Sam Thompson	Matlock AC	M	16:52	
4	Clarissa Rigby	Boalloy	F	18:35	1st Girl
23	Daisy McClelland	Denby Dale AC	F	22:57	
49	Ella McClelland	Denby Dale AC	F	28:43	

Jack was at a gala with Ross who spent a hot and sweaty day watching! So the "McClelland girls" had a day in Bakewell, even Ella's had a go (i was really impressed with her as she has not done anything like this before) and involved a fairly deep river crossing,(especially for little legs) even Daisy who tells me she doesn't run fell races, enjoyed it! Both races set off together so I was able to run with Ella for the first mile. Ewan (aged 14) ran the senior race too ... Shhhh!

Contributed by Vicky McClelland but, were you given a Bakewell pudding???



Ben W-H wins silver at Hoylandswaine Hill races

Hoylandswaine Hill Races 30th June 2017

U9 Boys

Position	Name	Club	Time
1	Freddie Lucas	Denby Dale AC	02:58
2	Noah Sharp	Denby Dale AC	03:00
3	Eddie Worsley	Denby Dale AC	03:38

U11 Girls

1	Alice Feetham	Denby Dale AC	09:32
2	Victoria Worboys Ho	Denby Dale AC	09:56
5	Harriett Lucas	Denby Dale AC	11:06

U11 Boys

1	Sam Taylor	Penistone	08:28
2	William Roberts	Denby Dale AC	08:34
8	Joseph Roberts	Denby Dale AC	09:47

U13 Girls

1	Imogen Wolfe	Penistone	10:46
2	Tamsin Warsop	Denby Dale AC	12:17
3	Daisy McClelland	Denby Dale AC	12:31

U13 Boys

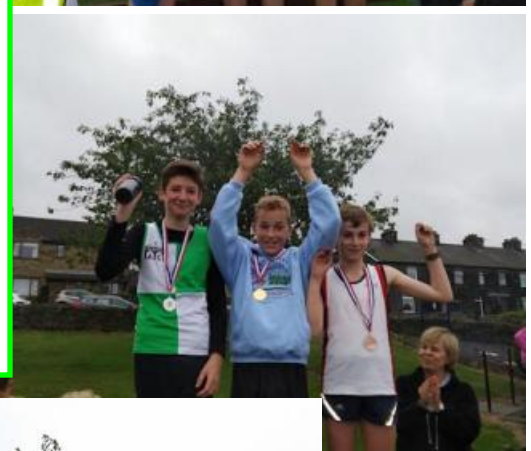
1	Henry Parkin	Holmfirth	11:39
2	Ben Worboys Hodgs	Denby Dale AC	11:47

U15 Girls

1	Emily Wright	Denby Dale AC	15:33
2	Alice Campbell	Denby Dale AC	18:46

U15 Boys

1	Hugh Mackie	Penistone	14:56
2	Euan Dady	Denby Dale AC	15:21



Another summer's evening of medals for the club's juniors

Thurlstone Chase 1st July 2017 - Category BS: 4m & 800ft

Position	Name	Club	Category	Time	Comments
1	Scott Hinchcliffe	Penistone	M	22:41	
8	Caitlin Rice	Ribble Valley Harriers	F	26:05	1st Lady
64	Rosalind Bedford	Denby Dale AC	F50	36:00	

Eccup 10 2nd July 2017

Position	Name	Club	Category	Time	Comments
1	Danny Hallam		M	54:45	
13	Faye Banks	Pontefract AC	F35	01:01:25	1st Lady
110	Steve Blackford	Denby Dale AC	M60	01:12:59	1st Male Vet 60
226	Peter McEvoy	Denby Dale AC	M60	01:19:45	
431	Lynne Cubbon	Denby Dale AC	F35	01:28:27	
438	Norman Roper	Denby Dale AC	M65	01:29:28	
509	Sarah Everett	Denby Dale AC	F45	01:32:33	
597	Rachel Warsop	Denby Dale AC	F45	01:37:53	
722	Abbie Dagg	Denby Dale AC	F40	01:47:19	



Hidden amongst the 800+ runners at Eccup 10 are Lynne, Norman & Sarah.

Steve Blackford—won the MVet 60 prize
Obviously too fast for the cameraman to focus on him!
Well done Steve



Eccup 10 was one of this year's club road championship races—so lots of competition for points.



Jack & Pauls Fun Run 2nd July 2017

Position	Name	Club	
1	Thomas Bower		
8	Daisy McClelland	Denby Dale AC	2nd Girl
44	Ella McClelland	Denby Dale AC	



McClelland girls out in force again, with Daisy collecting the 2nd girl trophy.

The fun run raises money for the mental health charity

—'Heads Together '

In memory of local lads Jack & Paul who sadly died in a house fire.

[https://
www.headstogether.org.uk/
about-heads-together/](https://www.headstogether.org.uk/about-heads-together/)



Spencers Dash - 5th July 2017

Position	Name	Club	Category	Time	Comments
1	Scott Hinchcliffe	Penistone	M	20:22	
16	Fiona Davies	Rotherham AC	F35	24:24	1st Lady
69	Jon O'Hanlon	Denby Dale AC	M50	29:35	
86	David Townend	Denby Dale AC	M60	31:38	
112	Rachel Warsop	Denby Dale AC	F45	33:39	
117	Sarah Everett	Denby Dale AC	F35	34:26	

Hunshelf Amble 8th July 2017

Position	Name	Club	Category	Time	Comments
1	Jordan Street	Clowne Road Runners	M	54:00	
8	Johnny Ridge	Denby Dale AC	M	57:00	
29	Laura Gill	Penistone	F	01:06:48	1st Lady
36	Andrew Dufeu	Denby Dale AC	M40	01:08:38	
38	Steven Sharo	Denby Dale AC	M40	01:09:03	
49	Phil Wilson	Denby Dale AC	M	01:11:36	
79	Samara Wood	Denby Dale AC	F	01:19:46	
96	Rosalind Bedford	Denby Dale AC	F50	01:24:28	
107	Chris Walker	Denby Dale AC	M60	01:30:57	
113	Rachel Warsop	Denby Dale AC	F40	01:36:26	
118	Abbie Dagg	Denby Dale AC	F40	01:42:32	
119	Stella Taylor	Denby Dale AC	F50	01:44:32	



Johnny, Sam & Rosalind enjoying the Amble - not quite as muddy as the winter version!

Don't forget it's the Amble's Revenge on 31st December 2017 —same route just the other way round!

Leeds 10k 9th July 2017

Position	Name	Club	Category	Chip Time	Comments
1	John Hobbs	Valley Striders	M	32:23	
74	Susan Lewis	Roundhay Harriers	F	38:52	1st Lady
279	Gavin Leonard	Denby Dale AC	M40	42:57	
1454	Kate Lucas	Denby Dale AC	F40	51:17	
1456	Glenn Holdsworth	Denby Dale AC	M	51:18	
5940	Sean Kachmarski	Denby Dale AC	M45	01:15:05	

Forres Highland Games 10k 8th July 2017

Position	Name	Club	Category	Chip Time	Comments
1	Kenny Wilson	Moray	M	31:11	
7	Victoria Needham	Forres Harrier	F	38:16	1st Lady
65	Rachel Stockdale	Denby Dale AC	F40	56:07	



Rachel representing the club north of the border.

Did she have to toss the caber after the 10K????



Damp runners smiling at the thought of a beer after 2017's

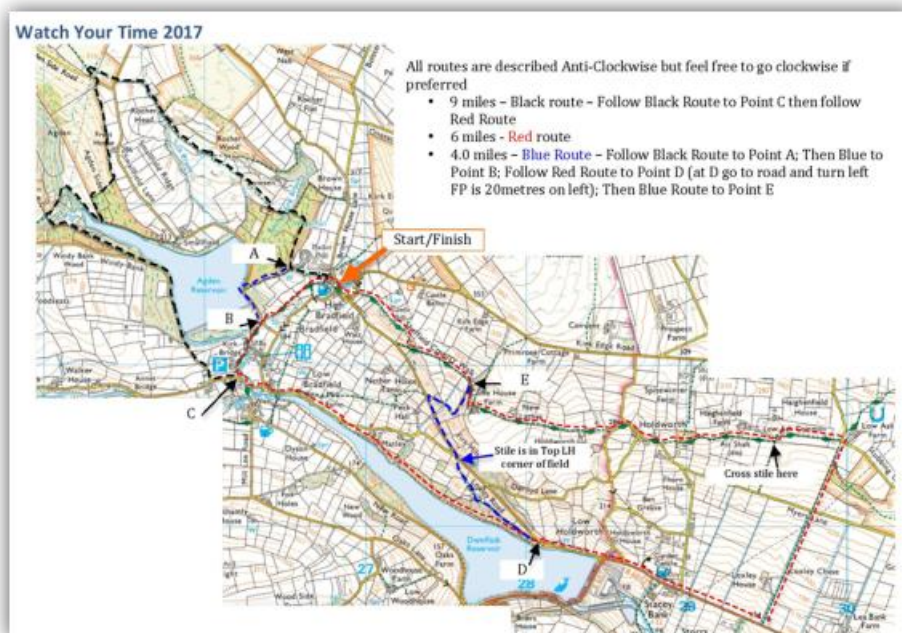
'Watch your time'.

Thanks to Chris who put a lot of effort into organising this year's event.

Watch Your Time – 11th July 2017

Contributed by event organiser, Chris Walker

A cool damp mizzle greeted the 12 intrepid runners that braved the conditions and assembled at the Old Horns Inn at High Bradfield for the annual Watch Your Time event. The format is simple you were given a choice of a four, six or nine mile route marked on a map and you had to estimate your time for the route you chose. The catch? You aren't allowed a watch.



Twelve runners set out and twelve runners returned! The winner was Ralph Barker with a time difference of 32 seconds from his estimate. His prize? A lovely trophy, a green frog and, the honour of arranging next year's event. Ralph's already plotting the route for next year...

Results

Route	Name	Estimated Time	Actual Time	Difference
9 miles	Ralph Barker	87.30	86.58	0.32
6 miles	Abbie Dagg	80.00	81.36	1.36
9 miles	Matt Cail	85.00	86.58	1.58
6 miles	Sarah Everett	76.00	78.56	2.56
9 miles	Johnny Ridge	82.30	86.58	4.28
6 miles	Jon O'Hanlon	63.03	71.59	8.56
6 miles	Vicky McClelland	69.00	70.18	10.18
6 miles	Stuart Walton	90.00	79.05	10.55
6 miles	Rosalind Bedford	67.23	78.38	11.15
6 miles	Sue Kaye	70.00	81.3	11.30
6 miles	Stella Taylor	70.02	81.43	11.41
6 miles	Joanne Firth	70.01	81.43	11.42

Charlesworth & Chiswick Carnival Fell Race 15th July 2017

Position	Name	Club	Category	Time	Comments
1	Kassa Mussie	East Cheshire	MU18	22:21	
10	Jill Wood	Glossopdale	F	25:50	1st Lady
32	Phil Ellis	Denby Dale AC	M40	29:42	

The Senior fell race is a 3 & a bit mile run up Coome Rocks and down the other side.

Windmill Half Marathon 16th July 2017

Position	Name	Club	Category	Time	Comments
1	Mike Toft	Lytham St Annes	M	01:17:29	
29	Felicity Wolohan	Lytham St Annes	F	01:29:36	1st Lady
32	Ralph Barker	Denby Dale AC	M60	01:30:28	1st Male Vet 60



A fast and flat course around Lytham St Anne's & Fairhaven Lake (south of Blackpool).

With a field of 1000 runners, there were 18 male Vet 60's and Ralph won the age category! Well done.



Toss O Coin 16th July 2017

Position	Name	Club	Category	Time	Comments
1	James Hughes	Acre Street	M	40:17	
3	Andrew Dufeu	Denby Dale AC	M	41:56	
8	Kate Morris		F	43:44	1st Lady
17	Katie Sharp	Denby Dale AC	F	47:53	
18	Emma Worsley	Denby Dale AC	F	48:26	
39	Lynne Cubbon	Denby Dale AC	F	55:54	
55	Sarah Everett	Denby Dale AC	F	59:10	
58	Chris Walker	Denby Dale AC	M	59:30	
61	Rachel Warsop	Denby Dale AC	F	01:00:09	
66	Stella Taylor	Denby Dale AC	F	01:01:37	
69	Abbie Dagg	Denby Dale AC	F	01:02:57	
80	Graham Guest	Denby Dale AC	M	01:06:37	
93	Si Warsop	Denby Dale AC	M	01:16:39	



Rachel & Si Warsop at Toss o Coin—Si was determined to get round despite a painful knee injury - well he'd paid his entry fee & he is a Yorkshireman!

Find out more about Si over the page in 'Pete's people'.



And afterwards (left to right)

Lynne, Rachel, Sarah, Stella, Si, Graham, Nicola, Emma, Abbie, Katie & Chris.

Entry for 2018 series now open.

<http://www.trailandroadseries.co.uk/>

Castle Howard 10k 16th July 2017

Position	Name	Club	Category	Time	Comments
1	Graham rush	Cheltenham Harriers	M	36:45	
11	Sarah Attwood	York Knavesmire	F35	46:35	1st Lady
51	Peter McEvoy	Denby Dale AC	M60	53:34	
117	Norman Roper	Denby Dale AC	M60	01:02:36	

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Si Warsop
Occupation	Full time parent
When did you join the club?	2014
How long have you been a 'runner'?	25 yrs on & off
Do you prefer road or off-road?	Off-road
How many hours do you train per week?	No set hours
What race distance do you prefer to run?	10K to 10 miles
Which is your favourite race?	Do not have one
What is your best time for :	10K 42.36
Which race challenged you the most?	They are all challenging!
What is the worst injury you have sustained through running?	Badly bruised/sprained ankle, twisted knee
How many pairs of trainers do you own?	6 pairs ++
What is your favourite make of trainer?	Hoka One One
Which other sports do you participate in?	Cycling
Which sports person has been your inspiration?	-
What are your pet hates?	Lateness
What is your favourite food?	Too many to list
What is your favourite drink?	Earl grey tea, real ale & coffee
What other hobbies do you have?	Motorcycles, classic cars, reading, music & films
Where is your favourite holiday destination?	Dorset
What's been the best thing about joining the club?	Friendship

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Stewart Yates
Occupation	Radiologist
When did you join the club?	1998
How long have you been a 'runner'?	18 years
Do you prefer road or off-road?	Off-road
How many hours do you train per week?	3-4 hours
What race distance do you prefer to run?	10K
Which is your favourite race?	Truncheon – years ago before it was swamped
What is your best time for :	10K 39:46 Half-Marathon 1:29 Marathon – 3:29
Which race challenged you the most?	Bolton Ironman Triathlon
What is the worst injury you have sustained through running?	Broken toe at Kinder Downfall
How many pairs of trainers do you own?	9
What is your favourite make of trainer?	New Balance
Which other sports do you participate in?	Triathlon, Cycling
Which sports person has been your inspiration?	Eddie the Eagle
What are your pet hates?	England Athletics
What is your favourite food?	Bread
What is your favourite drink?	Weak supermarket decaffeinated coffee
What other hobbies do you have?	Moderately adventurous DIY
Where is your favourite holiday destination?	Vietnam
What's been the best thing about joining the club?	All the other members

Which leads on nicely to Elaine's article

Ironman UK – July 2017

‘Anything is possible’ 2.5mile swim, 112m bike, 26mile run

Contributed by Elaine White

Andy and I completed Ironman UK in Bolton a couple of weeks ago; Andy’s third and my first. A friend said, ‘Ironman Bolton really ?? You know the course is brutal!’. Following the hernia operation last September, it was a goal to get me fit again, even though the nurse thought it highly unlikely I would be able to recover and train in time. Andy carefully prepared a progressive ‘couch to Ironman’ (!!) training plan for me which carefully built up the training to meet the both physical and psychological demands of the event. My level 1 Triathlon coaching course helped, especially with swimming technique.

We were blown away by the people of Bolton who carried us around the course with their cheers and support. It all began with a 2.4 mile swim in Pennington Flash. The heavens opened as we headed out on the 112 mile bike ride, the friendly Bolton folk sat together with their family and friends in their gardens cheering us on. The countryside is spectacular, the 5000 feet of climb made many start pushing their bikes up the hills, living at the top of Denby Common has its advantages and we rode the whole course.

The marathon was loops around the town centre, again there were hills, and every loop took you cruelly close to the finish but we ran the whole course. Then finally that moment arrives; running up the red carpet to the roaring crowd and the word ‘You are an ironman!’.



Priory 10k 19th July 2017

Position	Name	Club	Category	Time	Comments
1	Adam Peers	Wakefield Harriers	M	33:49	
40	Julie Masterman	Goole Vikings Striders	F50	42:06	1st Lady
183	Kate Fraser	Denby Dale AC	F35	51:43	
295	Sarah Everett	Denby Dale AC	F45	59:16	

Roundhay Rampage 19th July 2017

Position	Name	Club	Category	Time	Comments
1	Adam Peers	Wakefield Harriers	M	33:49	
40	Julie Masterman	Goole Vikings Striders	F50	42:06	1st Lady
183	Phil Wilson	Denby Dale AC	M	51:43	
295	Peter McEvoy	Denby Dale AC	M60	59:16	
296	Norman Roper	Denby Dale AC	M60	59:16	



Pete McEvoy and Phil Wilson rampaging around Roundhay park

.... another event in the Urban Trail Runner summer series.



Northumbria Coastal Half Marathon 22nd July 2017

Position	Name	Club	Category	Time	Comments
1	Ian Harding	Morpeth	M35	01:12:58	
29	Jane Hodgson	Morpeth	F35	01:25:59	1st Lady
684	Rosalind Bedford	Denby Dale AC	F55	02:12:34	
777	Rachel Warsop	Denby Dale AC	F45	02:19:40	
807	David Bedford		M55	02:22:23	

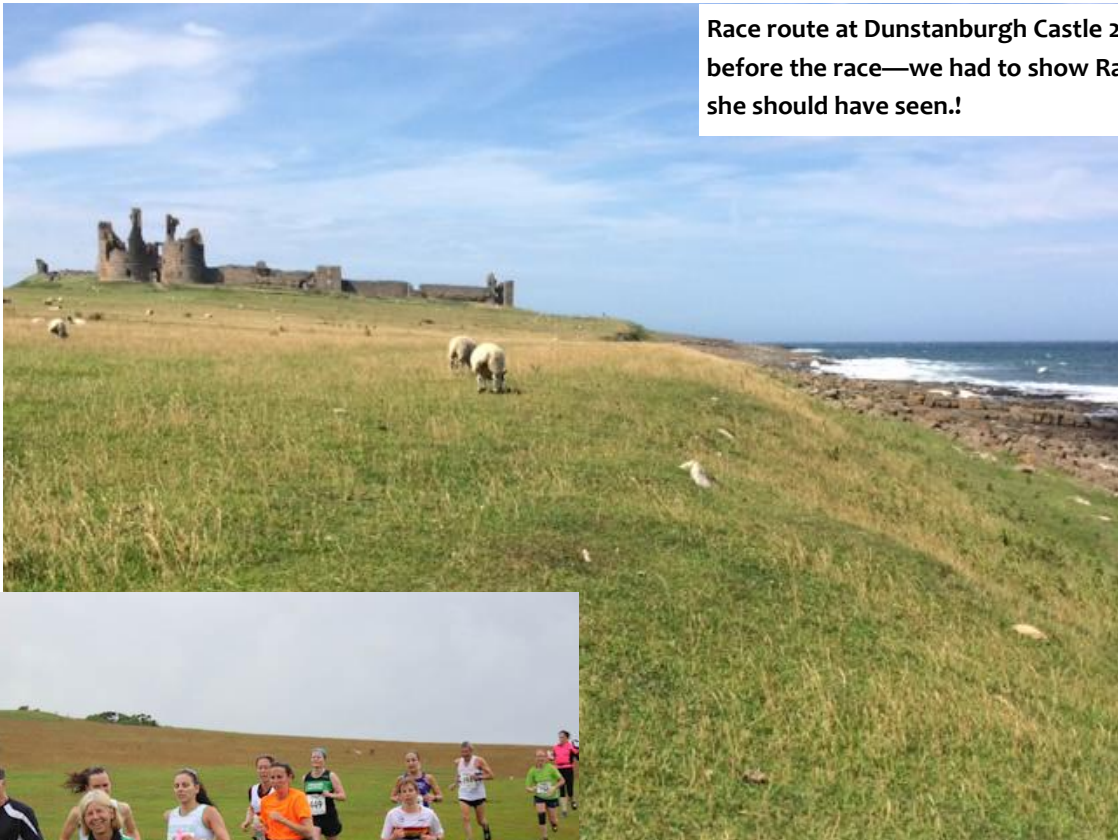
Organised by Alnwick Harriers, and hugely popular, this approx. 14 mile race goes along the Northumberland Coastal path from Beadnell Harbour to Alnmouth Estuary keeping as close to the coast as possible. It's an area of outstanding natural beauty although race day could have been nicer. If anyone is inspired to enter, places go within a few hours. Handy, clean & cheap accommodation available in Seahouses (ask Rosalind).



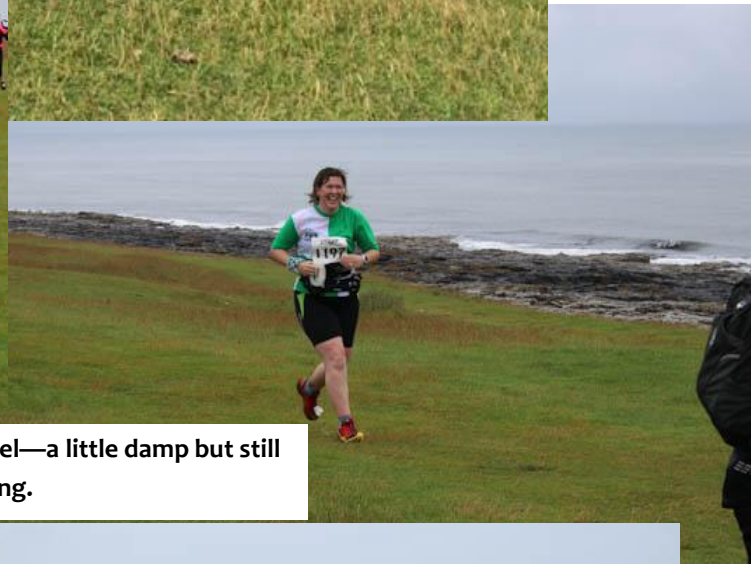
Start line on the beach at Beadnell.

After months thinking about training, Dave B ran like a metronome over the whole 14 miles.





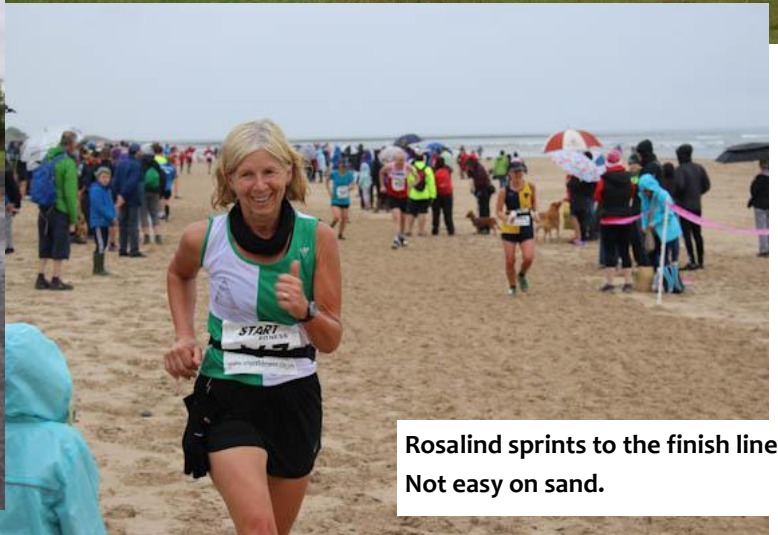
Race route at Dunstanburgh Castle 24 hrs before the race—we had to show Rachel what she should have seen.!



Rachel—a little damp but still smiling.



Peter Middleton, the cameraman, quickly munchies a growler before the runners come by.



Rosalind sprints to the finish line. Not easy on sand.

Holme Moss 22nd July 2017

Position	Name	Club	Category	Time	Comments
1	Peter Bray	Chorlton	M	02:34:08	
31	Majka Kunicka	Penistone	F	03:27:08	1st Lady
35	Johnny Ridge	Denby Dale AC	M	03:30:44	
48	Jo Worboys Hodgson	Denby Dale AC	F45	03:43:08	
69	David Gill	Denby Dale AC	M55	03:39:59	
88	Adam Bloomfield	Denby Dale AC	M40	04:14:17	

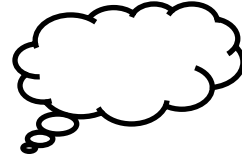




Dave, Adam and Johnny high on the
Holme Moss fells.

Caption competition

But what are they thinking?



Please submit your entries to the Editor
for inclusion in the next newsletter!!



Relay round-up

Calderdale Way Relay 21st May 2017

Pos	Team	Leg 1	Leg2	Leg 3	Leg 4	Leg 5	Leg 6
60	Denby Dale	Ralph Barker Ross McClelland 1:36:57 (47) 1:36:57 (47)	Johnny Ridge Adam Bloomfield 1:12:03 (31) 2:49:00 (37)	Oliver Ingham Pete Hayward 0:45:12 (18) 3:34:12 (32)	Dave Gill Michael Collinson 1:55:42 (85) 5:29:54 (53)	Steve Sharp Andrew Du Feu 1:10:00 (40) 6:39:54 (52)	Simon Ellis James Worsley 2:08:48 (93) 8:48:42 (60)
86	Denby Dale Ladies	Abbie Dagg Rachel Warsop 2:26:20 (95) 2:26:20 (95)	Rosalind Bedford Emma Worsley 1:39:28 (86) 4:05:48 (95)	Laura Hartshorne Jennifer Estly 0:54:42 (60) 5:00:30 (95)	Bridget Coomber Christine Blackford 1:46:53 (76) 6:47:23 (91)	Vicky McClelland Sue Kaye 1:27:00 (77) 8:14:23 (89)	Samara Wood Katie Sharp 1:42:51 (61) 9:57:14 (86)

Barnsley Boundary 10th June 2017

	Denby Dale Ladies				Denby Dale Mixed			Denby Dale Mens	
	Runner	Pos	Time	Runner	Pos	Time	Runner	Pos	Time
Leg 1	Katie Sharp	11	00:39:37	Pete Andrews	28	01:07:58		DNS	
Leg 2	Vicky McClelland	26	01:43:58	James Mumford	11	01:25:16	Adam Bloomfield	10	01:24:37
Leg 3	Julie Sykes	30	01:32:19	Sue Kirby	31	01:44:34	Phil Ellis	31	01:44:34
Leg 4	Sarah Everett	27	01:08:50	Jon O'Hanlon	12	00:52:49	Simon Browne	7	00:49:35
Leg 5	Laura Hartshorne	13	00:45:28	Vish Ramdhanhi	14	00:45:50	Dave Townend	18	00:50:46
Leg 6	Jennifer Esty	23	01:57:28	Jo Worboys Hodgson	16	01:44:49	Steven Sharp	22	01:55:36
Leg 7	Sam Wood	20	01:06:20	Glenn Holdsworth	25	01:08:42	Karl Admanski	24	01:07:33
Leg 8	Abbie Dagg	20	01:04:27	Rachel Warsop	27	01:11:12	Ross McClelland	4	00:42:34
Leg 9	Bridget Coomber	8	01:22:56	Stewart Yates	12	01:26:44	Johnny Ridge	5	01:16:00
Leg 10	Sally Campbell	15	00:35:02	Chris Walker	21	00:39:56	Oliver Ingham	6	00:27:23
Overall		20	11:55:26		22	12:12:46			

Dam Flask Relay 27th June 2017

Ladies Race

Team	Leg 1	Leg 2	Leg 3
Pos Time Runner	Time Runner	Time Runner	Time
17 01:16:40 Katie Sharp	25:02 Jo Worboys	25:50 Rachel Lee	26:18
28 01:22:09 Emma Worsley	25:51 Laura Hartshorne	28:06 Kate Fraser	28:10
44 01:25:31 Sue Kaye	29:10 Vicky McClelland	28:45 Sam Wood	27:36
70 01:34:31 Abbie Dagg	32:09 Stella Taylor	32:01 Rachel Warsop	30:21

Mens Race

Team	Leg 1	Leg 2	Leg 3	Leg 4
Pos Time Runner	Time Runner	Time Runner	Time Runner	Time
20 01:16:47 Ross McClelland	21:06 Oliver Ingham	22:18 Johnny Ridge	21:26 Andrew Du Feu	21:57
47 01:35:15 James Mumford	23:34 Steve Sharp	25:26 Karl Adamski	22:38 Ralph Barker	23:39
67 01:42:26 Phil Ellis	24:44 James Lodge	25:40 Ian Sargent	26:08 Mick Collinson	25:54
73 01:45:15 Karl Adamski	21:55 Glenn Holdsworth	27:09 James Mumford	26:34 Jonathan Parkes	29:37



Chris, Oliver & Sally on the Green in Upper Denby waiting for start of Leg 10.



Rachel, Abbie & Ross at Langsett—start of Leg 8



Selfie of Simon, Sarah & Jon - Leg 4.



And later our teams celebrated with a well earned curry and one or two beers.



DDAC Senior Road & Fell /Trail Race Championships 2017

2017 Championships

In an attempt to encourage more participation and competition within the club, the Club Captains devised a new format for this year's Championships with emphasis on shorter, local races that wherever possible include junior races. Trail and multi-terrain events were included in the Fell Championship.

The scoring is as per previous championships for short races ie 10 points for the winning DDAC, 9 for 2nd, 8 for 3rd etc. However, medium races attract 12pts for the winner, working down (11 for 2nd, 10 for 3rd, etc...) and Long races start at 15pts for the highest placed DDAC (14 for 2nd, 13 for 3rd, etc..). All runners will earn at least 1 point/race. There is no minimum number of races for qualification - it is just a straight league table. In essence the more races you do the more chance you have of winning.

To make race planning easier, the season will run from January to December. The 2017 Championships will therefore be an interim one with just 5 races. This will consist of 3 short, 1 medium and 1 long race. The scoring will be as above.

We hope you all partake and enjoy competing for some trophies!

Club Captains

DDAC ROAD RACE CHAMPIONSHIP 2017

All points count. No minimum no. of races to qualify.

Points assigned depending on position relative to other DDAC members

Winner - Short 10 points; Medium 12 points, Long 15 points

Race	SHORT			MEDIUM	LONG	Total Points	Age Category
	Joe Percy 10k	Shepley 10k	Travellers 6	Eccup 10	Workshop Half Marathon		
Date	14-Jun-17	10-Sep-17	17-Dec-17	2-Jul-17	29-Oct-17		
Men's scores							
Steve Blackford	7	9		12	15	43	SV
Chris Walker		7			14	21	SV
Andrew Dufeu	9	10				19	V
Peter McEvoy				11		11	SV
Steve Sharp	3	8				11	
Norman Roper				10		10	SV
Johnny Ridge	10					10	
James Mumford	8					8	
Graham Guest	1	6				7	V
Ralph Barker	6					6	SV
Stewart Yates	5					5	SV
Oliver Ingham	4					4	
James Teale	2					2	V
Tom Rowley	1					1	V
Karl Adamski	1					1	
Vish Rhamdani	1					1	V
Dave Townend	1					1	SV



Ladies scores							
Lynne Cubbon	5	8		12	14	39	
Sarah Everett	2	7		11	13	33	V
Sam Wood	8	9			15	32	
Abbie Dagg	1	4		9	12	26	V
Rachel Warsop	1	6		10		17	V
Stella Taylor		5			12	17	SV
Emma Worsley		10				10	
Bridget Coomber	10					10	SV
Laura Hartshorne	9					9	
Jennifer Esty	7					7	V
Sally Campbell	6					6	V
Kate Lucas	4					4	V
Emma Holling	3					3	V
Nichola Peel		3				3	
Julie Sykes	1					1	SV
Sue Kirby	1					1	SV
Joanne Firth	1					1	V
Kelly Sollick	1					1	

****Just one more Road race left —Travellers 6 Competition for trophies is hotting up especially for the ladies trophies. Enter now to avoid disappointment. ****

The **2018 Road championship races** will be as follows:

Short Races

Meltham 10K - 28th January 2018

<http://northernrunningguide.com/race/meltham-10k>

Windmill 6 - March 2018 details to follow

<http://www.trailandroadseries.co.uk/index.php/our-events/the-windmill-6>

Toss O'Coin 6 miles- July 2018 details to follow

<http://www.trailandroadseries.co.uk/index.php/our-events/toss-o-coin>

Littleborough 10K - October 2018 details to follow

<http://cannonballevents.co.uk/littleborough-10k/>

Medium Races

Guy Fawkes 10 – November 2018 – details to follow

<http://niddvalleyroadrunners.co.uk/guy-fawkes-10/>

Otley 10 - June 2018 - details to follow

<http://otleyac.org.uk/otley-10-mile-road-race/>

Long Race

Humber Bridge half marathon - 24th June 2018

<http://www.humber-half.org.uk/>



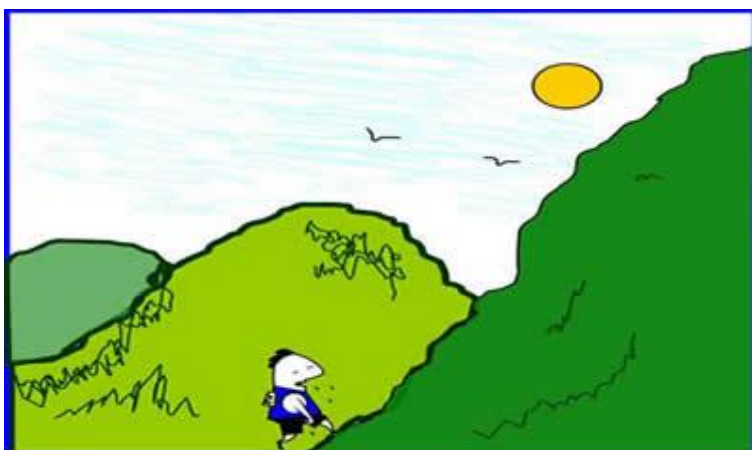
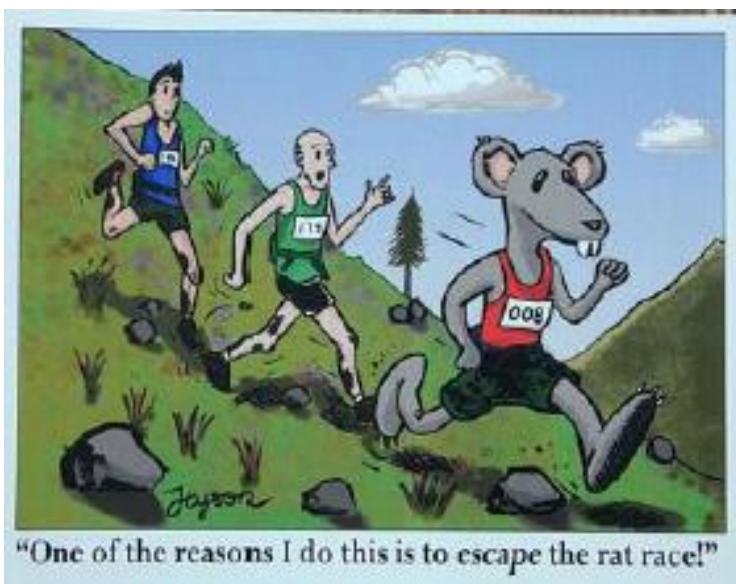
DDAC FELL/TRAIL CHAMPIONSHIP 2017

All points count. No minimum no. of races to qualify.

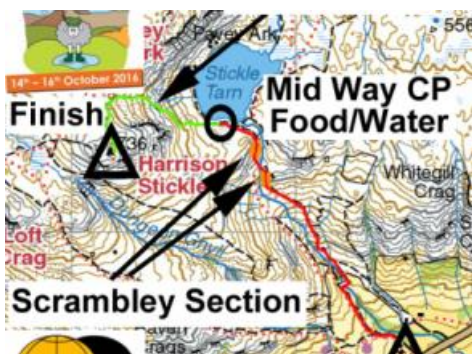
Points assigned depending on position relative to other DDAC members

Winner - Short 10 points; Medium 12 points, Long 15 points

	SHORT			MEDIUM	LONG		
Race	Truncheon 3 4m, 558ft, Cat BS	James' Thorn fell race 5m, 1611ft Cat AS	Silkstone Shuffle 4.5m	Denby Dash, 5m, 690ft	Holme Moss 17.7m, 4314ft, AL	Total Points	Age Category
Date	08-May-17	28-May-17	23-Sep-17	28-Aug-17	23-Jul-17		
Men's scores							
Johnny Ridge		10	10	12	15	47	
Andrew du Feu	9		9	10		28	V
Adam Bloomfield			7	8	13	28	
Matt Caie	8		8	9		25	SV
Dave Gill	4				14	18	SV
John O'Hanlon	7		5	2		14	SV
Steve Blackford			6	7		13	SV
James Mumford				11		11	
Stuart Walton	1	9				10	SV
Graham Guest	1	8		1		10	V
Oliver Ingham	10					10	
Stephen Skidmore				6		6	SV
Stewart Yates	6					6	SV
Phil Ellis	5					5	V
Steven Sharp				5		5	V
Pete McEvoy	1			3		4	SV
Gavin Leonard				4		4	V
James Teale	3					3	
Norman Roper	1			1		2	SV
Stephen Warner	1			1		2	SV
Karl Adamski	2					2	
Chris Walker				1		1	SV
David Townend				1		1	SV
Guy Goodair				1		1	SV
Peter Andrews				1		1	SV
Peter Ramsden				1		1	SV
Si Warsop				1		1	V
Simon Ellis				1		1	V
Tom Rowley	1					1	V
Glenn Holdsworth	1					1	



Ladies' scores							
Jo Worboys-Hodgson	10	10				15	35 V
Sam Wood		9	10		12		31
Rachel Warsop	7	7	6		8		28 V
Rosalind Bedford		8	7		9		24 SV
Stella Taylor	3	5	4		7		19 SV
Abbie Dagg	4	6			5		15 V
Julie Sykes			5		6		11 SV
Kate Fraser					11		11
Sue Kirby					10		10 SV
Anne Middleton	9						9 SV
Vicky McClelland			9				9 V
Sally Campbell	8						8 V
Sarah Godbehere			8				8 V
Catherine O'Brien	6						6
Laura Hartshorne	5						5
Sue Kaye					4		4 SV
Sue Levinson					3		3 SV
Joanne Firth	2						2 V



Future events & dates for your diary

Please don't forget these two classic events in the Club's year



DENBY DALE ATHLETICS CLUB

Presents

THE TRAVELLERS 6

SUNDAY 17th December 2017, 10.30am Start

Sponsored by Blackfords of Barnsley

A challenging rural course of approximately 6 miles, starting from Denby Dale Pie Hall

Minimum age 16 yrs.

Entry fee: £7.00 for UKA Club runners or £9.00 for unattached runners.

Enter online via Racebest or by post.

Closing Date for pre-entry—Wed 13th Dec. EOD if entry limit not reached.

See DDAC website for full details & entry form www.denbydaleac.co.uk

Many helping hands also required for marshalling, timekeeping & preparing food

—please let Ross know if you can help.

Runner vs Bike

Wed 27th December at 11am from the Pie Hall

This is a fun event for members, friends & family.

Run approx 10K

or

Cycle approx 15K

On country roads, paths and tracks.

No entry fee but please bring a raffle prize & mince pies etc.

See DDAC website for route map and instructions.

Penistone Footpath Runners present "Amble's Revenge"

**Sun 31st December
at 10.30am**

This is a 7 mile multi-terrain race following the same route as the Oxpring Hunshelf Amble but in reverse.

Starting from the Trunce start, registration will be from 9.30am at Rafters Bar,

Waggon & Horses Oxspring.

Pre-entry £7 or £9 on the day for UKA affiliated runners. Min age 17.



DDAC Senior Parkrun Challenge 2017/18

28th October 2017 – Locke Park

11th November 2017 – Temple Newsam

2nd December 2017—Clifton Park, Rotherham

23rd December 2017—Nostell Priory

13th January 2018 – Thornes Park

3rd February 2018 – Pontefract Racecourse

24th February 2018 – Oakwell Hall

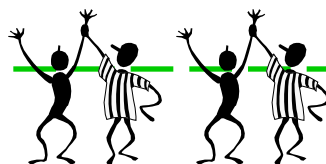
17th March 2018 —Lyme Park, Disley

Best 6 runs to count—give it a try, if you've never had a go.

See DDAC website for full details www.denbydaleac.co.uk

Thursday evening training for Seniors at 7pm & 8pm

- These sessions led by Emma Worsley & Abbie Dagg focus on building speed and stamina working as a group.
- As well as being sociable & fun, they are great for improving general fitness and preparing for races as well as learning warm-up techniques and post-workout stretching to help avoid injury.
- Runners of all abilities are very much welcome.
- Why not come along and give it a try! Every Thursday, 7 & 8pm from the Pie Hall.
- Check DDAC Seniors Facebook latest details.



Denby Dale Athletics Club

Newsletter Editor:
Anne Middleton
6 Low Fold Court,
Upper Denby,
Huddersfield HD8 8TZ

Email: annemiddleton60@gmail.com

We're on the web at :
www.denbydaleac.co.uk

All contributions to the newsletter
welcome by email, post or in
person (email is preferable though
so I can 'cut & paste')



**A big 'thank you' to everyone who sent me
contributions for this
edition of the newsletter.**

Apologies for taking so long to collate it all.

**Thank you also to my in-house results statistician,
who continues to scour the internet for DDAC
results & photos and collate them for me!**

Next Issue December 2017

Please let me have
contributions by 30th Nov !!



For latest news & updates, join our
Facebook pages (both closed groups)

'Denby Dale AC Seniors' - for Senior section

'Denby Dale AC Juniors' —for Junior section

Senior Members — Information Request

Senior members are kindly asked to confirm their contact details to Tony Sharpe,
Membership Secretary, to ensure that club records are up to date.

Please let Tony have your **address, email and mobile number—**

you can email Tony tonyhsharpe@gmail.com

or see him in the Pie Hall on most Tuesday nights.

